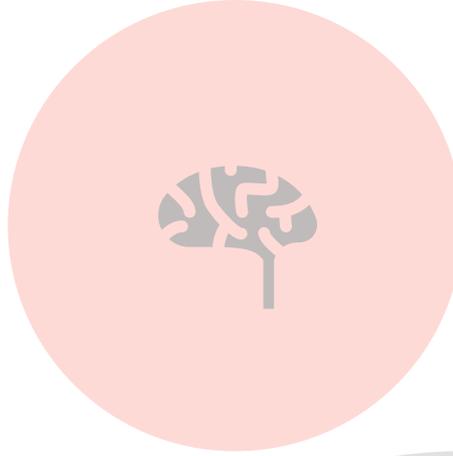




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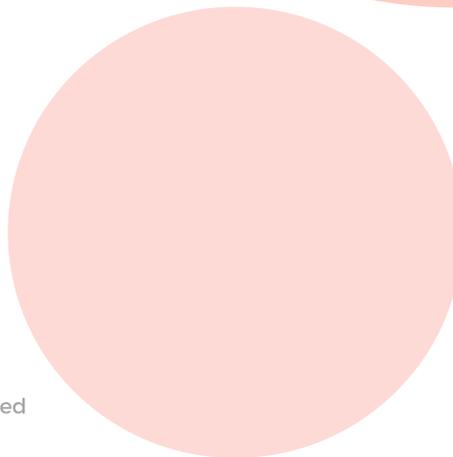
**All now  
offered  
virtually!**

# **Your Coaching Space**

Workplace Performance  
Coaching Services

## **Brochure**

Technology Led  
Powered by Neuroscience



## Why we do what we do?

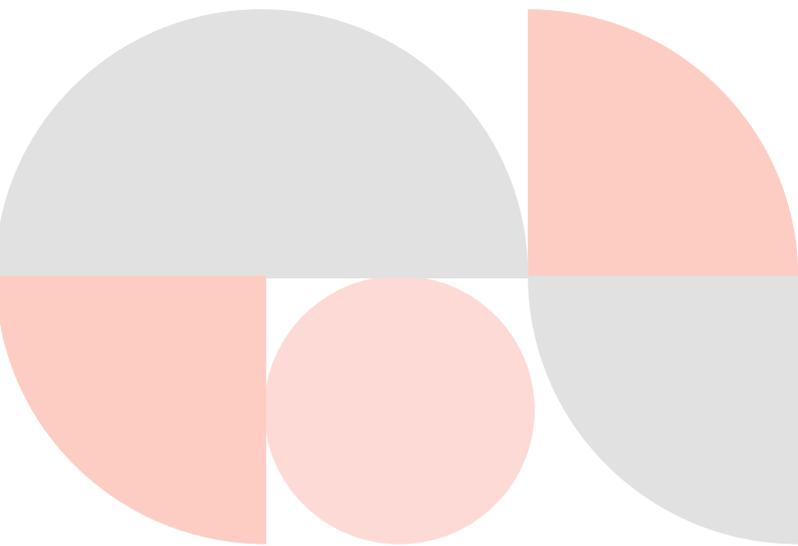
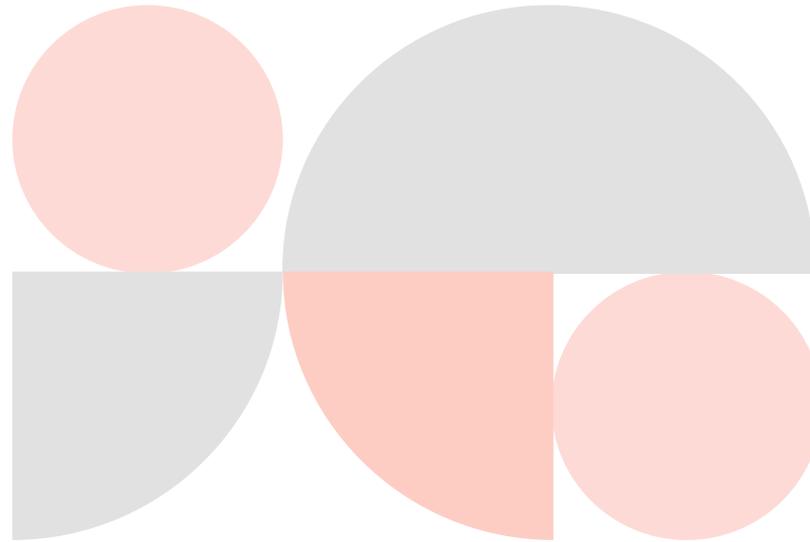
To support people to be able to give it their best!



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## How we do what we do?

By designing services which are fun, easy to use & give you back the control!



## What we do?

We provide coaching services which are led by technology and powered by neuroscience to bring the science of performance to the workplace!

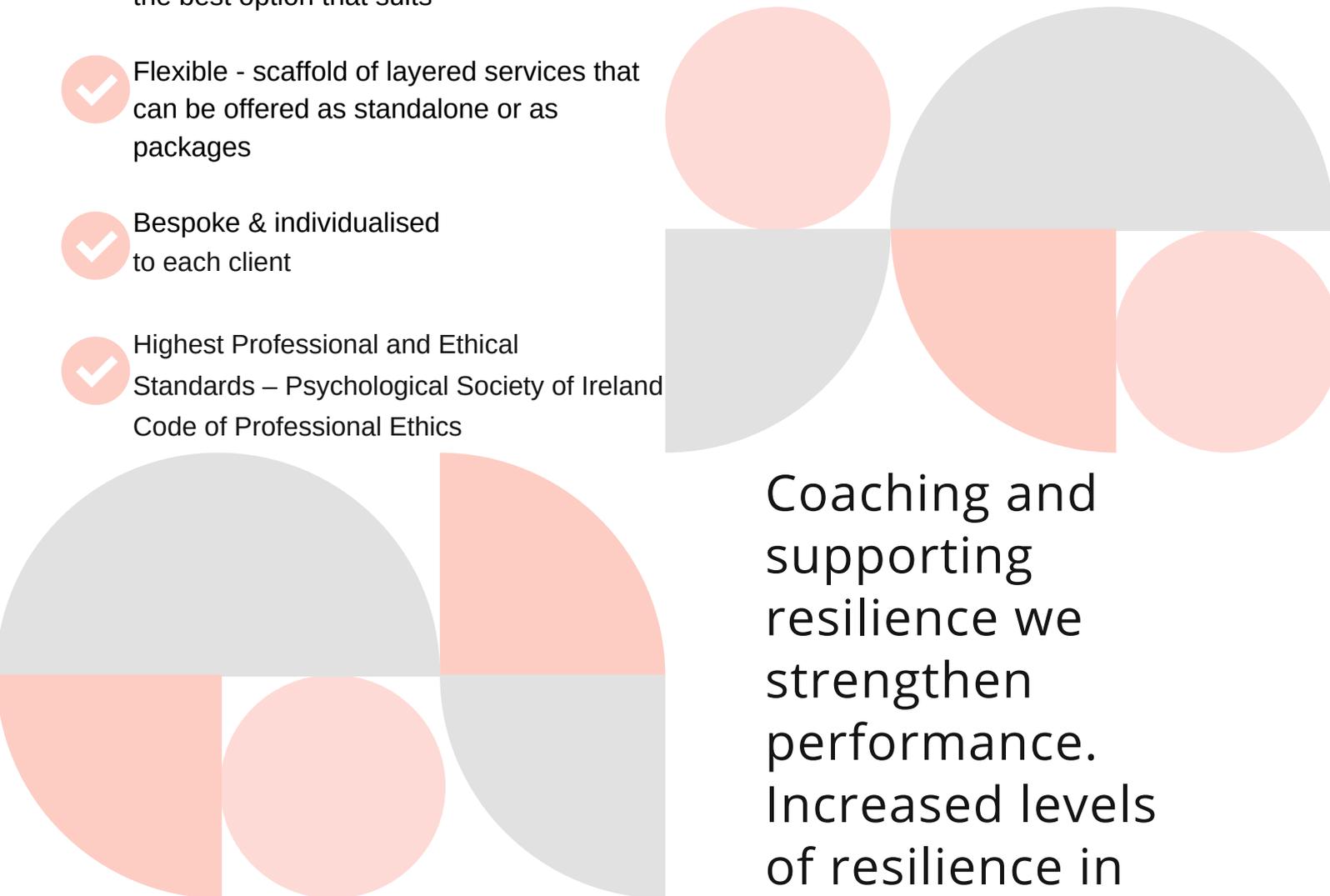
# HELPING YOU AND YOUR TEAMS IMPROVE PERFORMANCE AND PRODUCTIVITY

## FEATURES & BENEFITS



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- ✓ Easy to use fresh innovative wearable technology with rigorous scientific foundations & all supported by 1:1 coaching
- ✓ Convenient - technologies can be used remotely at home or in the office according to the client's schedule
- ✓ Cost effective - pay as you go or packages allow you and your organisation to choose the best option that suits
- ✓ Flexible - scaffold of layered services that can be offered as standalone or as packages
- ✓ Bespoke & individualised to each client
- ✓ Highest Professional and Ethical Standards – Psychological Society of Ireland Code of Professional Ethics



Coaching and supporting resilience we strengthen performance. Increased levels of resilience in the workplace leads to increased profits.

## OUR RESILIENCE BOOST



We use a tool called the Safe and Sound Protocol or SSP for short.



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### What is the SSP?

SSP is an auditory tool which helps rebalance the nervous system & give it back its flexibility. It involves listening to vocal music that has been acoustically modified using a research based algorithm that triggers the nervous system to feel safe. It does this by strengthening the middle ear muscles. This allows you to pick out the frequencies of human speech more easily again which is a trigger of safety to the nervous system allowing it to calm.



### Why are we using the SSP?

Using the SSP allows us to better interpret not only human speech but also the emotional meaning of language - thereby strengthening our emotional intelligence.

### How do we use the SSP?

Having downloaded the SSP App from the Unyte platform, you will be given access to your own 5 day programme. Your performance coach will monitor & support your progress all along the way from their Dashboard.

By helping ourselves to be more stable emotionally we allow our thinking to be more flexible thereby making learning & decision making easier.



# OUR BRAIN TRAINING



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## The Tech

Wearing a convenient lightweight 'Muse' headset that can sense your brain wave activity together with the latest innovative neurofeedback software from 'Myndlift' that can respond to the changes in your brainwave patterns.

## What is Neurofeedback?

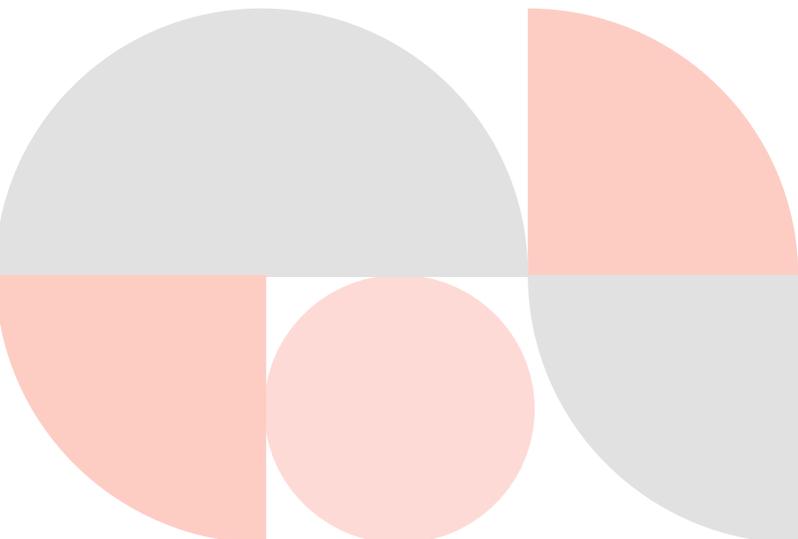
Brain activity can be measured in electrical pulses and it can tell us a lot about how it's working. When brain activity is measured in real time using EEG technology different patterns of brainwaves can be seen. Specialized software on the computer can then work out what mental state you are in and give you training games/YouTube videos that are influenced by your real time brain activity



High Beta		Anxious
Lo-Beta (SMR)		Calm/Focused
Theta		Wandering
Alpha		Relaxed

## EXAMPLE - TRAINING FOR FOCUS

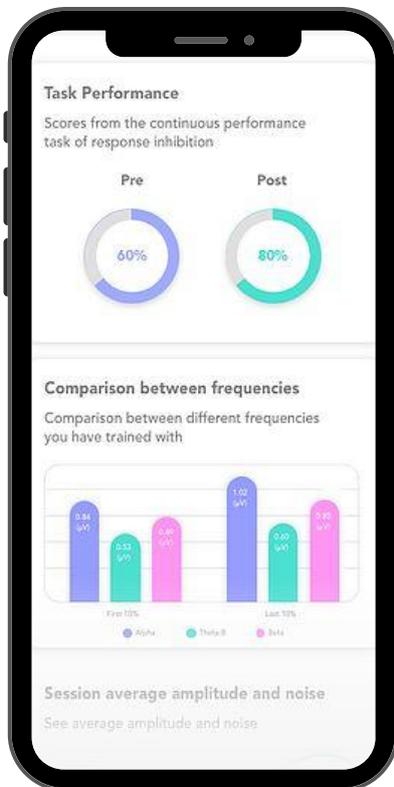
1. While you are training you will be logged into your Myndlift account via the Myndlift App which is connected with bluetooth to your Muse brain sensing headband
2. This means you brain wave activity can now be sent in real time to the software which can determine which mental state you are in
3. Whenever your brain is focused (i.e. low-beta brainwaves intensify) you get a pleasant sound and the space ship fly's higher
4. But when the brain loses that state the sound disappears & the space ship drops and flies along the ground
5. This 'tells' your brain in real-time that it needs to regain that state once again
6. You will do four games of 6mins long in each session or watch a YouTube video for 24mins



Your brain learns to naturally shift to the desired state, enjoy it and sustain it when required!



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## The Performance

With your personal Performance Coach we create a training program just for you to achieve results. We monitor your progress all along the way from our online Dashboard and send you regular updates and reporting on your progress.

Moving through our L1, L2, L3 training programmes we support you to ground emotional intelligence, build focus & sharpen your peak performance

Level 1 Ground

Level 2 Build

Level 3 Extend



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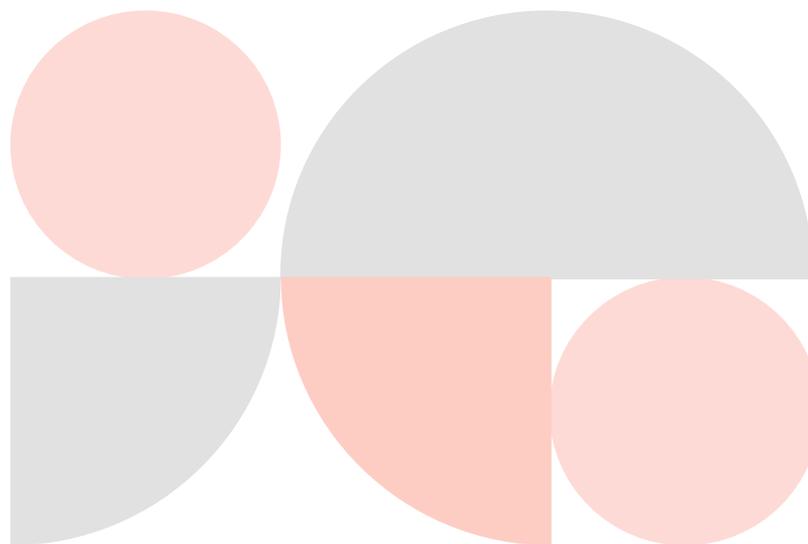
As a Business Psychologist & Performance Coach I love being able to bring the science of performance to the workplace in fun, easy to use ways to help give you back the control.

And it's so cool to be able to do this by using cutting edge wearable tech from the latest neuroscience.

All the best,

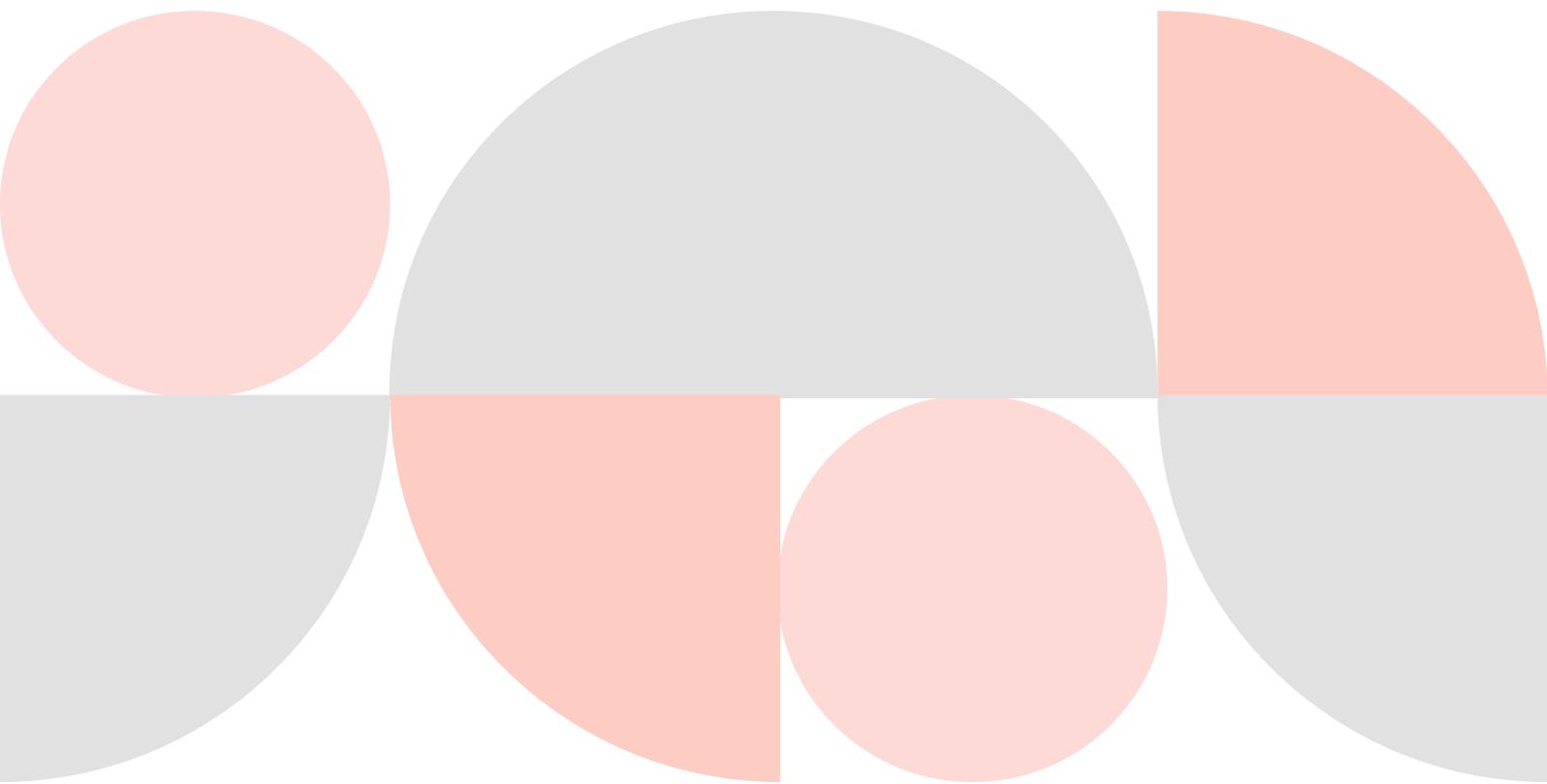
*Frances O'Neill*

MSc, DBS, BA





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